

INTO ACTION

CONFIDENTIAL

February/March 2014

Five Stages to the First Step



I have a friend who says, “God has a sense of humor . . . It’s just not a very good one.” In saying this he is referring to the paradox that seems to grow wild along the recovery trail: What we have long thought to be extremely complex turns out to be Sesame-Street-Simple, and what first appears to be offensively simple contains complexities that we never imagined. There is no better example of this paradox than Alcoholics Anonymous’ First Step of Recovery: We admitted that we were powerless over alcohol, and that our lives had become unmanageable.

This is a life changing step. Life changing that is, if we don’t take it lightly, and if we can avoid being fooled by the disease of addiction, that cunning, baffling and powerful culprit who would much rather us skim lightly over good old step number one.

I have learned the value of encouraging in-depth exploration of AA’s first step. Without the internalization (full acceptance) of step one, there is no foundation on which to build a stable recovery. Without a solid first step, we are destined for relapse. In fact, without that solid first step, we never really even begin our recovery.

It is not so much the step that needs exploring as it is our responses. And though we are each unique, there

are certain particular stages of response that most of us can identify in common. In order to provide a frame of reference for this exploration, use the following model (Five Stages to the First Step) to outline those common themes of response.

This model is to assist who were just beginning recovery, or coming back from relapse, in identifying just where they were in relation to their “first step work.” Since then, however, I have discovered that the Five Stages to the First Step can become a valuable tool for any of us, anywhere along the recovery trail, as we inevitably struggle to identify and accept all that we are powerless over. The paradox, of course, being that only by identifying, admitting and ultimately accepting all that we are powerless over do we begin to experience genuine power in our lives.

Checking for Thoroughness

Since AA’s first step can be so deceptively simple, it is important that we check our movement through this essential step for thoroughness. The Five Stages that follow can be used as a check for that thoroughness. To make effective use of this information, be careful not to assume that the goal is to “have arrived at stage five.”

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Instead, the goal is simply to improve our awareness of where we are right now, and to give us a point of reference to understand where we have been, and where we are likely to go. In a word (actually several words) the goal is increased self-understanding and self-honesty.

The Five Stages can help to make sense of our thoughts and feelings as we begin the journey of recovery (or undertake a new stretch of the journey).

Hopefully, this material offers the message that whatever we are thinking and feeling at this moment is natural and human, and therefore understandable and acceptable. Admitting powerlessness over addiction is not the latest in a long line of ways to insult and abuse ourselves. Instead, a thorough first step is a giant step toward releasing ourselves from tyrannical self judgment and an essential step toward claiming personal freedom.

Trying on the Five Stages

For clarity, a description of each of the following stages will be presented in the first person, as if “I” am passing through each stage (and I definitely have). Your mission, should you decide to accept it, is to put yourself into the “I” as you read in order to assess where you might be along the trail. It is sort of like “trying on” each stage. Some may easily identify with one particular stage as described, while others may discover a little of themselves at each stage.

If you work with recovering addicts, I encourage you to use this model as a group exercise, or simply a topic for group discussion.

The Five Stages to the First Step

Stage 1: Initial Denial—“I don’t have a problem!” “The problem is not the booze (or the drugs)!”, and “If you don’t like it, it’s your problem!” are all possible battle cries for me at this stage. I am well defended with excuses and explanations of blame. If there is outside pressure to do something about my chemical use, I still easily view myself as a victim or circumstance. Recognition that I am experiencing a loss of control does rear its ugly head occasionally, but I am able to keep such ridiculous thoughts in their place. I am angry and scared at this stage, but usually denying the fear and minimizing the anger. “I have got it under control,” I chant as important parts of my world crumble around me.

Stage 2: Admission—This is the stage of putting two and two together, matching my experience with information gathered. I have either sought some material about

addiction on my own, or it has been presented to me by people who care.

I have weathered the first waves of anger and fear and can now intellectually “admit” that I have a problem—that I am powerless over my addiction, and that as a result I am losing control of my life.

Anger may now be turned more inward, toward myself, in the form of guilt, disappointment or shame. Fear is still present, although I may for a time continue to deny or minimize it. I would like to think (and may fool myself into thinking) that my intellectual admission of chemical dependency is enough to turn things around. “Now that I see the problem I will call upon my willpower to make everything right again.”

Caution: This is a very tricky stage. Many chemically dependent people have privately (secretly) visited this stage previously when faced with blatant, undeniable consequences to their chemical use. If I have ever attempted to change or control my drinking/using patterns, I have been dipping my toe into this stage, testing the waters of admission.

It is not unusual for chemically dependent individuals to spend years moving back and forth between initial denial and admission. The challenge here is to commit myself to reaching out for help, and not letting my guard down prematurely. The first step tells us that we are “powerless” over our addiction, not just a little low on power. There is a big difference between being a little off balance and falling on my behind.

Stage 3: Second Thoughts—Even when I do continue in my recovery efforts I will sooner or later encounter this stage of “second thoughts. “It is natural and an essential ingredient in motivating me to the next stage of “acceptance.” Second thoughts are not a sign that recovery is not working. This is the time when Denial, who was knocked down in the admission stage, stands back up. “Wait a minute . . . maybe I have over reacted here I have been very responsible in owning up to my problems and getting my life (relationships, etc.) back together . . . I understand the dangers of over doing it . . . why couldn’t I have a beer on a hot afternoon, or a glass of wine with a good meal . . . like normal people?!”

At this stage it is important that I hear these thoughts out, but not follow their lead. Most importantly, I need to do tell someone involved with my recovery about this re-emergence of denial. I need to “tell on myself”—not so that I can be punished or shamed—but so that I can reduce the danger of slipping back into old behavior.

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Monthly Meeting Minutes

District 11

January 2, 2014

(Editor's Note: Dates and times contained in the following minutes are a reflection from the minutes taken on January 2nd, 2014 not the date of this publication.)

Meeting time: 7:30pm

Attendance: 27

Committee members: 14

Groups represented: 13

New GSRs present: 3

Anniversaries:

**Doug W. with 16 years and
Carol H. with 19 years**

Secretary's Report: Kelly G. Secretary, Pete L. Alt Secretary

Please send written committee reports to secretary to be submitted into minutes.

Email: secretary@aa-nia-dist11.org

DCM Report: Carol H. DCM, Doug W. Alt DCM

First I would like to thank all of you for allowing me to be of service to the district. I will do my best with your help to facilitate the district meeting each month within the most concise time frame possible, assist and provide available services and resources to the General Service Representatives in this district and as a member of the area committee, pass on the district's thinking to the committee. In preparation for this responsibility I have been involved in service in District 11 for the past 16 years, attended area assemblies and committee meetings for the past 10 years and most recently attended the East Central Regional Forum where I participated in a breakout session for DCMs. I have a sponsor and a service sponsor that will hopefully provide me the support and guidance needed to fulfill the responsibilities of this position and one thing I can almost guarantee is that I will make some mistakes so please be patient with me. I am looking forward to the challenge and growth opportunity presented beginning with the first meeting today.

Now I would like to take time to welcome the incoming committee chairs and alternates and let you know that Doug and I are here to support you. One of the first orders of business is to get you registered in the individual positions with the General Service Office. The area registrar has requested that we provide updated contact information on the "Positions Information Update Sheet" form so we will be passing it around tonight and hopefully have some more of the open positions filled by the end of this meeting.

Doug and I have been working together to find opportunities for improvement in the way we conduct our business meeting and have finalized six job descriptions of the officers and committees. Dave G. also worked closely with us to

create and develop the job descriptions we were able to finish. Access to the documents will be shared as they are stored on Google Docs. Once we get the approval of GSO to use information from the Service Manual and other GSO materials we will be adding them to the district website. In the meantime we will meet with each of the new officers and committee chairs to confirm the roles and responsibilities that best fit the understanding of each committee. What I would like to ask is to have two volunteers each month to meet at 7:00 and finalize their document. This half hour time frame from 7:00-7:30 before the business meeting has always been set aside for committees to meet so that a thorough report can be submitted on behalf of each committee.

One of the things we would like to implement next month is the reporting by GSRs of the activities within their group. This will be added to the future agendas and does not have to be lengthy but is meant to allow GSRs to share what their group is doing, the challenges and the triumphs.

As a GSR for the Flying Geese I attended the December 14, 2013 NIA Winter Assembly at the Lord of Life Church in LaFox, IL. One of the main activities of the day was for the area GSRs to vote on the following motions. You can see full motions and background information in the DCM report provided by Dave G. at the December 5 district meeting. The results are as follows:

- Motion to have a Service Orientation Workshop held at the January Winter Committee Meeting passed 68 to 6. The first one will be held at the January 25 Committee meeting in LaFox.
- Motion from the Finance Committee on the Finance Guidelines failed 27 to 39. Issue was taken with the wording.
- Motion to add to the Procedures of Planning the Spring Assembly Conference passed 51 to 14.
- Motion by the Electronic Equipment Committee that the area provides a computer to the concepts editor for the purpose of creating the concepts newsletter and that this computer is equipped with Microsoft Publishing Software passed.
- Motion by the Literature Committee to have the Area 20 Delegate send correspondence to GSO requesting that pamphlet p-49 (Bridging the Gap) be revised passed.

This was the last assembly for the current officers, committee members, and delegate so they are rotating at the same time we are. We appreciate their time and commitment and many of them have rotated into different positions within the Area. One of the ways the new are members are being welcomed in their new positions is the opportunity to participate in the Service Orientation Workshop held at the January Winter Committee Meeting on January 25. If you have never attended one of these workshops it is strongly advised that you do. It will provide the background information about why, how, and what to do as a service member in your group, district, or area.

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District 11 is hosting this committee meeting and so we will need several volunteers to help. Our responsibility will be to provide people to sit at the registration table, help set up, serve and clean-up the morning breakfast and lunch. A sign-up sheet will be passed around tonight and I hope that we will have many of you in attendance to help.

Some of the things that we hope to accomplish tonight is the election of open positions, finalization of the 2014 budget, and list of suggested facilities for the District 11 monthly meetings so the each GSR can take it back to their group to make a decision at our February meeting. I would also like to add another committee to the district; a Literature Committee which I feel is an important piece of the GSO structure that we have ignored in the past, so I had added this to business.

Things we will look at in the future are whether or not we need to obtain a 501C(3) status, look for opportunities for recruiting additional volunteers and ways to be of service to all the groups within the district boundaries. I hope that you will all participate in the upcoming opportunities and be a part of the solution and take action.



Treasurer Report: Bill M. Treasurer, OPEN Alt Treasurer

I am grateful to be serving as the treasurer for the next two years. Because David C. and Brandon L. are no longer serving as District Treasurer and DCM, respectively, they will no longer have the authority to make transactions with the district account. This should be noted in the meeting minutes and I will handle the arrangements with the bank to have their names removed and our current DCM, Carol H., added to the account. I would like to take this opportunity to thank Brandon and David for their service.

Account Summary

Starting Balance: \$6,358.02
 December Income: **\$1,949.00**
 Total Expenses: \$1,708.49
 Ending Balance: \$6,598.53



December Income - November Contributions

Spiritual Process*\$66.00
 Attitude Adjustment 675712*\$480.00
 Sunday Morning Serenity Group 104321*\$60.00
 Monday Night Big Book 689268*\$88.00
 Men's Priority Big Book 5b 699065*\$60.00
 Wednesday Night Keep It Simple 678873*\$400.00
 Sobriety and Beyond IIA 687548*\$120.00
 Design for Living 654091*\$600.00
 Vision 695505*\$75.00
TOTAL \$1,949.00**

Thank You

Public Information Report: Jody P. Chair, OPEN Alt Chair

I have received a Public Information workbook from GSO and am reviewing it to develop a committee. I will need some volunteers which I will try to recruit from meetings.

Corrections Report: Pat C. Chair, Bob D. Alt Chair

Pat C. regrettfully resigned as chair due to a conflict in interest as she is currently the Alternate Corrections Chair for the Area.

Hospital & Treatment Report: Mitch P. Chair, OPEN Alt

Attended meeting with past chair in order to gain more information about the position.

Answering Service Report: Dave G. Chair, Kyle W. Alt Chair

Total Calls – 63 (57% Decrease in Calls Compared to December 2012)

Call Details

Meeting Information-38
 Open Meeting Information-1
 Speak To AA Member-9
 NA-0 Calls per Day
 12Step Calls-0
 Out of District Calls-0
 Questions About AA-0
 AI-Anon-1
 Treatment Information-4
 Spanish Speaking – 1
 Bridge the Gap-0
 Needs Ride - 3
 Hang Ups-3
 Refused Call Back Number-4

Monday-16 Day, 0 Night
 Tuesday-7 Day, 2 Night
 Wednesday-5 Day, 0 Night
 Thursday-6 Day, 1 Night
 Friday-10 Day, 0 Night
 Saturday-7 Day, 0 Night
 Sunday-8 Day, 1 Night

**Day is 7am to 7pm,
 Night is 7pm to 7am**

Call Response Times

0-10 Minutes-41
 11-20 Minutes-8
 21-30 Minutes-5
 Over 30 Minutes-3

CPC Report: OPEN Chair, OPEN Alt

No report

Archives Report: Clarence J. Chair

Old Timer's Brunch NOW Held On MARCH 2

The Old Timer's Brunch is **no longer** going to be held February 23 due the hall not being available. It was asked of the district whether the brunch should be held February 16 or March 2. By majority vote it was decided that the date should be **March 2**. Clarence offered to pay for all the incorrect flyers which were already printed, but the district declined and will pay for the flyers. The brunch will begin at 9 am and speakers will be at 11 am. The speakers are Wally and Arlene.

Old Timers Brunch

When: SUNDAY, March 2nd

Where: AMERICAN LEGION

HALL--Wauconda –

(On Main Street, 2 Blocks South of Rte. 176)

DOORS OPEN AT: 9:00 A.M.

BRUNCH from: 9:30-11:00 A.M.

SPEAKERS start at: 1100 A.M.

Contribution at the Door

This year's speakers are:

Arlene D. & Warren M.

Grapevine Report: Tim B. Chair, OPEN Alt

No report

Special Needs Report: Char B. Chair, OPEN Alt

No report

LCM Report: Ryan R. Chair, Kevin K. Alt

No report

Schedules Report: Ryan R. Chair, Kevin K. Alt

Please email all corrections that need to be made to schedules@aa-nia-dist11.org. Is planning on contacting meetings in order to determine if they are handicap accessible and making sure if they are it is marked appropriately on the schedule.

Newsletter Report: David G. Chair, OPEN Alt Chair

The December/January issue of IntoAction is available. The deadline for submissions to the February/March issue is January 25. The topic is Step 1.

UP-DATED

THE DEADLINE FOR THE NEXT ISSUE OF IA IS Saturday—March 22nd, 2014. THE THEME FOR THE March/April 2014 ISSUE OF INTO ACTION IS; STEP 3 or anything you wish to submit.

INTOAction: District 11's Newsletter
 Editor: David G. 815-344-6523
 E-mail: Soulsurgery@comcast.net

Webmaster: Laura M. Chair, Mary C. Alt

We replaced the April Closed meeting schedule with the newest version and we are waiting on the open meeting schedule. We posted the into action newsletter as well.

Total Site Visits: 2,180

Page Count %

Highest number of hits

Main site hits

719 11.84% The closed meeting schedule pdf

373 6.14% The main District meeting schedule page

260 4.28% Interactive schedule

201 3.31% The Open meeting schedule

Workshop Report: Nan G. Chair, OPEN Alt

Nan stepped down from her position as chair due to feeling she could serve the district better by fulfilling a different position.

VOLUNTEER FOR 2014 SPRING CONFERENCE

Greeters

Bill V. 847-899-8201

jreight@sbcglobal.net

Gloria P. 847-271-3838

paddack69@comcast.net

Alcathon Meeting

Rhonda M/Y. 847-840-6570

rmcnear@att.net

Chuck D. 224-220-6455

draudt@sbcglobal.net

Hospitality Room

Dan L. 847-791-2595

DanLeep3@aol.com

Mark H.847-204-8161

markharasti@comcast.net

Registration Table

Darlene C.847-395-1341

darlene@clauson.net

Open Mic.



2014 Spring Conference and Assembly- Bob P.:

Help can be used by District 11 participants in hospitality, literature, grapevine, and PI. The conference is March 28-30 at the Holiday Inn in Gurnee. The next committee meeting for the conference is January 12 at the Joy Lutheran Church in Gurnee at 2pm. The committee just ordered 3,000 more flyers to be printed and will need volunteers on getting them out. The conference has only 51 people registered currently and only 7 hotel rooms sold. To meet the conference's budget and commitment to the hotel it is asked that people register now and book their hotel rooms. Regular registration is \$20.00 and a standard room is \$89.00 per night. A website for the conference is up and running enabling people to register and sign up to volunteer: niaspringconference.com

- Question: Can a donation for the conference be made by the district?
- Answer: Not usually done, a specific motion would have to be made.

2014 Soberfest-Dan H.:

Elections for Soberfest committee positions are on January 8 at 7:30pm at the McHenry Township Building in Johnsburg. There are positions to be filled.

Old Business:

Election for open positions for 2014-2016 Term:

- CPC Chair- Nan G. stood for position and was voted in by majority vote.
- Workshop Chair- Karrie T. stood for position and was voted in by majority vote.
- Corrections Chair- Bob D. stood for position and was voted in by majority vote.
- Alt Treasurer, Alt Archives, Alt CPC, Alt Grapevine, Alt PI, Alt Special Needs, Alt Workshop, and Alt Corrections are all open

District Budget:

The budget is not written in stone and a committee can always present a motion to the district to change their budget within reasoning. Usually the budget is passed two months ahead of the New Year, but has yet to be voted on. The budgets for the committees are as follows:

- Schedules- \$3000, no change from last year
- Hospital/Treatment-\$1900, no change from last
- Answering Service-\$185/month, no change year from last year
- Special Needs- \$200, no change from last year
- Public Information-\$500, no change from last
- Workshop-\$500, no change from last year
- Webmaster- \$500, up from \$100 last year due
- District (printing, traveling)- \$1400, no change to more spent from last year
- Archives-\$100, no change from last year
- Corrections-\$1800, up from \$1400 last year due to \$1600 being spent Total Budget: \$13,700
- Newsletter-\$1000 up from \$800 last year due to being \$1000 previous years

Motion to accept budget by Kevin K., seconded by Dave G. and passed by majority vote.

Facilities for District Meeting:

We have accepted suggestions for facilities as options for moving our monthly district meeting. Carol H. found three facilities and Judy P. presented another. Next month we will vote on the following: Please see separate document with options for voting which facility your group would like to move to or possibly stay at the McHenry ALANO Club. We will vote at our next district meeting in February.

New Business:**Creation of District Literature committee- Carol H.:**

The district has had a literature committee in the past and is very important. The chair of the committee would be the district liaison for Area and GSO. This committee would be in charge of having a supply of literature to sell and update the district by talking to the delegate about changes made to any literature by GSO. Through the literature committee the district can make recommendations about what literature should be conference approved. Also shipping costs when ordering from GSO do not apply for a literature committee, therefore a literature committee would help other committees get the literature they need while avoiding shipping costs.

Motion made by Nan G. to create a literature committee for District 11. Motion seconded by Scott D. Motion passed by majority vote.

**INTOACTION Editorial Policy**

INTOACTION News is a bimonthly newsletter of District 11; NIA 20 of Alcoholics Anonymous. It is about, by and for the Members of the Fellowship of AA. Opinions expressed herein are NOT to be attributed to AA as a whole, nor does publication of information imply any endorsement by AA. Quotations and artwork from AA literature are reprinted with permission from AA World Service, Inc. and/or The AA Grapevine; Inc. Submissions are edited for space and clarity ONLY. Contact information is required and anonymity is respected

CONTRIBUTIONS

From Group (Name) _____

Group #: _____

Dist. #: _____

Meeting City: _____

Northern Illinois District 11

P.O. Box 846

McHenry, IL 60051-0846

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Lake Bluff, IL
60044**

**The General Service Office**

AAWS

P.O. Box 459

Grand Central Station

New York, NY 10163-0459

DISTRICT 11's WEB SITE:↓

<http://www.aa-nia-dist11.org>

DISTRICT 11 SECRETARY:↓

secretary@aa-nia-dist11.org

SOBERFEST WEB SITE:↓

<http://www.soberfest.org/>

NIA 20 *EVENTS* WEB SITE:↓

<http://www.aa-nia.org/events.html>

NEW GROUP & INFO. CHANGE FORMS↓

<http://www.aa-nia.org/forms.html>

**2014 SPRING CONFERENCE
& ASSEMBLY**

<http://niaspringconference.com/>

Live Links

Upcoming Events:

• February 7-9, 2014:

41 Annual Conference of Delegates

Past and Present, Hyatt Regency, Woodfield/Schaumburg.

• March 2nd 2014:

Old Timer's Brunch,

American Legion Hall, Wauconda, (on main street, 2 blocks south of Rte. 176)

• March 28-30th, **2014: 40th NIA Spring Conference "Living in 10, 11 & 12"**, hosted by Districts 10, 11, & 12, Holiday Inn and Convention Center, I-94 & Grand Ave (Rte. 132), Gurnee, IL.

Contact Bob: 630-258-1887.

• March 29, **2014: 40th NIA Spring Assembly**, Holiday Inn and Convention Center, I-94 & Grand Ave (Rte. 132), Gurnee, IL.

GSR's VOTE AT THIS ASSEMBLY

April 26, 2014: **Spring Fling** at Harvard Alano Club (101 W. Front Street basement), doors open at 4pm, AA speaker at 6pm. 50/50 raffle.

June 14, 2014: **16th annual Friends of Bill W. Steak Fry** at the Moose Lodge, 22500 Route 173, Harvard, IL. Opens at noon, food at 4pm, AA speaker at 5pm. 50/50 raffle.

The next district meeting is Thursday

MARCH 6TH, 2014 at 7:30pm.

(5 Stages of Step 1

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Digging a little deeper during this stage I discover my anger at the disease of addiction. I probably need to scream in a rage:

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"WHY ME? ! THIS ISN'T FAIR!"

Stage 4: Acceptance—Acceptance and admission are not the same.

Admission is an intellectual function. Acceptance is a sense of knowing the truth at a gut level: "Chemical dependency is a disease that I have. It is here. It is real. And it is my responsibility to face it."



At the stage of "acceptance" I find myself experiencing (possibly for the first time) a sense of being centered, a feeling of being at home or at ease. My eyes wide open, blinders off, I no longer feel threatened or compromised by the fact that I am chemically dependent. Being chemically dependent is far from all that I am, but it is a part of who I am. I have the disease of addiction and for that I am not to be blamed. I am, however, one hundred per cent (100%) responsible for my recovery. Not only do I accept this disease as mine, but I also accept the truth that it is not a disease from which I will recover alone. I will continue to build and use my recovery supports . . . always.

"Acceptance" is not perfect recovery; thank God, there is no such thing. Acceptance is the opposite of denial. In "acceptance" I lower my resistance to everything that I think and feel—everything that I am. I live with a forgiving attitude toward myself, and eventually toward others. I begin to feel relief.

Stage 5: Daily Willingness—This stage is the natural outgrowth of the

previous stage of acceptance. In a way they are one, but it is important to emphasize this as a separate stage so that I can affirm the necessity of taking the first step on a daily basis. "Daily willingness" demonstrates my respect for the reality of all that I have learned about the disease of addiction, and about me.

Willingness is recovery's answer to the dreaded and dangerous "willpower." (The John Wayne Syndrome) Willpower closes me down and isolates me in my "control addiction." Willingness opens me to receive the support that I need and deserve.

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In "daily willingness" I learn to apply the Serenity Prayer to my life.

(God, grant me the serenity to accept the things that I cannot change; the courage to change the things I can; and the wisdom to know the difference.)

In doing so, and in accepting my powerlessness over my addiction, I begin the process of reclaiming my personal power in my life. I will maintain this wonderful power only to the degree that I remain focused in the present tense, in my "daily willingness" to do whatever it takes to support my recovery.

Afterthoughts I suggest that you take a few minutes and write about yourself at the stage with which you most strongly identify. A few cautions:

"Admission" likes to pretend to be "acceptance," and "second thoughts" present as the "voice of reason." And anyone early in recovery believing themselves to be at one of the final two stages is probably fooling themselves. Be careful. Be thorough. And know this: It takes time to walk through all of these stages. And it is hard work. Step carefully, and be patient with yourself. Cyber Fellowship Recovery

DISTRICT 11 BUSINESS MEETING DISTRICT COMMITTEE MEMBER REPORT - February 6, 2014

On Sunday January 10th Doug W., Dave G., Pat C. and I attended 2014 Spring Assembly Conference Planning meeting at the Joy Lutheran Church in Gurnee. As Bob P. has shared with us at our last district meeting, the planning for the conference is going well however where we could use more help is registrations for the conference, hotel and banquet. Hotel rooms are only \$89.00 a night and even though the conference is close in proximity to us it may be a good opportunity for you and a sponsee(s) to spend some time with other alcoholics and enjoy speakers, Alcahons, workshops, and an assembly all in one weekend not to mention a dance after the Saturday night speaker dinner. So please register to attend, if you attending the Spring Assembly on Saturday you will not be required to pay for the conference. But if you would like to support the NIA Spring conference and attend any of the other activities a \$20.00 registration fee is required. Please see the conference flyer which is available on the <http://www.aa-nia-dist11.org/> website.

That same day Doug W. and I met with the newly elected Treasurer Bill M. to help set up some accounting guidelines for better management of our spending activities and budget. Our plan is to investigate the need for us to become 501c3 compliant. Bill and I met again this weekend and changed the signatures on the district checking account. We appreciate Bill jumping right in to the Treasurer's position and taking responsibility for maintaining accurate bookkeeping for our district.

The Northern Illinois Area (NIA) 20 Winter Committee meeting was held on January 25, 2014 at the Lord of Life Church in LaFox and District 11 hosted the event by providing volunteers for the registration desk and setting up and serving the continental breakfast and lunch. Many thanks to Dave G., Kyle W., Doug W., Pete L., Pat C., Judy P., Michelle F. and Mike M. who assisted at the committee meeting and also Nan G., Karrie T. and Laura M. who were willing to help. We had over 80 people in attendance that day and the Service Workshop was well received as shared by one the DCM's in attendance: We had about 8 folks new to service from our district and without exception they were extremely appreciative and could not say enough about the fact they understand so much better what the Area and The Conference are all about! I think every one of the attendees from our district made a point of coming to me expressing how much better they felt about their positions. Terrific job!

If you did not have the opportunity to attend this Service Orientation Workshop there will be another one at the next Winter Committee meeting next January or possibly one held locally in one of the many NIA 20 districts. District 11 hopes to host some new workshops this year including a Bridge the Gap workshop provided by the Treatment Facilities Committee in late spring.

We have had several changes since the last district meeting:

- Nan G. had to resign as the CPC Chair due to a unplanned move out of state
- Char B. had to resign as the Special Needs Chair due to a recent illness/hospitalization
- Ryan R. had to be replaced as the Special Maker and LCM due to not responding to DCM requests for contact
- Pete L. has decided to resign from the Alternate Secretary to stand for the Alternate PI Chair .

With that said we have a new Schedule Maker and new schedules. Esther M. agreed to accept my appointment request and has worked hours and hours on a new schedule. Hopefully you will meet her on Thursday at the meeting as she plans to be there and explain the changes that she has made to the old schedule to make it more readable and easy to access as a pdf version on the website. Now that does not mean it is a truly accurate schedule because the Schedule Maker only will be using the information available. That is where the LCM steps in! Ryan, Kevin and others have put a lot of time and efforts into making the schedule more accurate but changes continue to happen. Hopefully we can find some more volunteers to hold the LCM positions. What we would to try is to have several LCM positions to cover the vast amount of towns within District 11 which include the towns of Algonquin, Burton's Bridge, Cary,

Crystal Lake, Fox River Grove, Harvard, Huntley, Johnsburg, Marengo, McHenry, Richmond, Spring Grove, Union, Wauconda, Wonder Lake, and Woodstock. If anyone is interested in this position please contact Doug W. or myself via email dcm@-nia-dist11.org/.

Hope this Thursday we will have more service oriented volunteers that will step forward and stand for one of the open committee chair or alternate positions. Please continue to make announcements at your meetings that we have positions available and also share the results of our meeting Thursday February 6, 2014 as to whether we have a new monthly meeting location. Respectfully submitted, Carol H.

District Committee Member (DCM)
NIA 20, District 11



Living in Ten, Eleven & Twelve

March 28, 29 & 30th

The Holiday Inn Gurnee Conference Center

<http://www.niaspringconference.com/>



NIA
20
SPRING

CONFERENCE

**Hosted by Northern Illinois
Area,**

Districts 10, 11 & 12

*“Living in Ten,
Eleven & Twelve”*

March 28th, 29th, & 30th

AA SPEAKERS

Fri: Doug W., Galesburg, IL Fri:
Sat: Jane S., Minnetrista, MN
Sun: Jim M. GSO, N.Y.,

AL-ANON SPEAKERS

Fri: Robyne H., Spring Grove, IL
Sat: Ramona C., Chicago, IL
Sat: Alateen Speaker TBA
Alcathons • Banquet • Workshops / Panels
• Dance • Literature • Archives

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Conference to attend dance**

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for special room rate.

**For more information: AA; Bob P., (630) 258-
1887 or Bill W., (224) 456-9455.**

AL-ANON; Charmayne Z. (847) 587-4179

REGISTER ONLINE @:

<http://niaspringconference.com/>



March 28th, 29th, & 30th

Needs Your Help

*We need Volunteers to be Greeters, chairs for
Alcathon Meetings and groups to host Hospitality
Rooms and help at registration table for 2 hour slots.
If interested please contact the following people.*

Greeters

Bill V. 847-899-8201

jreight@sbcglobal.net

Gloria P. 847-271-3838

paddack69@comcast.net

Alcathon Meeting

Rhonda M/Y. 847-840-6570

rncnear@att.net

Chuck D. 224-220-6455

draudt@sbcglobal.net

Hospitality Room

Dan L. 847-791-2595

DanLeep3@aol.com

Mark H. 847-204-8161

markharasti@comcast.net

Registration Table

Darlene C. 847-395-1341

darlene@clauson.net

**You have to be registered
for the conference to volunteer.**

Conference / Assembly and Banquet.....\$55.00

Conference / Assembly only..... \$20.00

Saturday Box Lunch.....\$15.00

Ice Cream Social, Sat. evening..... \$5.00

ASSEMBLY ONLY.....NONE

For additional registration information contact:

John or Darlene C. at (847) 395-1341.